

MEDICAL PROBLEMS OF SPORTS SELECTION AND SPORTS ORIENTATION

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ABSTRACT

Based on the determination of morphofunctional characteristics for each age, the periodization of human ontogeny by age is carried out. Two different types of changes are observed along with the typical type of development, and they are the same age-sex majority.

Keywords: Acceleration, Hormonal acceleration, Retardation, Heterosis effect, Population urbanization.

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The development of a child is a complex process and is characterized by several characteristics such as the difference in the genetic code for each individual, the conditions of a person's lifestyle. It is known that chronic diseases often lead to derailment of physical development, especially in children and adolescents. As a result, there is a decrease in the overall size of the body, a decrease in working capacity, defects of the locomotor system (disorder of stature, lack of growth), changes in the shape of the chest, legs and heels.

The Main Part

Based on the determination of morphofunctional characteristics for each age, the periodization of human ontogeny by age is carried out. Two different types of changes are observed along with the typical type of development, and they are the same age-sex majority.

Acceleration (lat. acceleratio - acceleration) - growth and development of children compared to previous generations, increase in body size, premature arrival of puberty. The main reasons for the acceleration are the acceleration of the pace of life, the improvement of material conditions, the quality of food and medical services, the improvement of child care, the radioactive pollution of the environment (which leads to the strengthening of the gene pool), the lack of oxygen (expansion of the chest).

1. Hormonal acceleration - children surpass their peers by 1-2 years in terms of all morphofunctional indicators.

Non-hormonal acceleration - surpassing peers in one or more morphofunctional indicators.

2. Retardation (Lat. retardatio - slowing down, stopping) - the delay in growth and development of children compared to previous generations, the late arrival of puberty.

The term "acceleration" was first coined in 1935 by the German scientist Ye. Recommended by Koch. With this term, E. Koch noted that the growth and maturity levels of children and adolescents of the early 20th century were accelerated compared to those of the late 19th century.

The term "acceleration" is currently expressed mainly in two forms: periodic and group. Periodic acceleration refers to the acceleration of the physical development of children and adolescents today compared to previous generations. According to the researchers, when examining the physical development of children of different ages, the indicators of most of the functional systems of children and adolescents are far ahead of the chronology of development 30-50 years ago. During this period, the height of the newborn baby increased by 2-2.5 cm, weight by 0.5 kg. Fifteen-year-olds were found to have increased in height by 6-10 cm, and weight by 3-10 kg. It also means the acceleration of sexual development, which is observed 2-3 years earlier than in the previous century, and the acceleration of the development of some parts of the skeleton and endocrine system. (Rikhsieva A.A., Nurmuhamedov K.A., Rikhsiev A.I., Nefedova N.V., etc.). The duration of height growth has shortened significantly: today, teenage boys and girls reach their peak height at the age of 16-19, whereas 50 years ago, height reached its peak at the age of 25-26.

There is convincing evidence that the reason for the "rejuvenation" of sports records is the acceleration of the development of the cardiovascular, respiratory, and musculoskeletal systems of children and adolescents. There is an integral connection between physical and mental development, the acceleration of physical indicators stimulates the acceleration of mental development. Children's mental development can be connected with the scientific and technical progress on the one hand, and with the improvement of the public education system on the other hand. According to the reasons, we can talk about two different types of mental acceleration: one is the early maturation of the morphofunctional basis of the psyche, and the other is social progress.

Group acceleration refers to the acceleration of physical development of children and adolescents of a certain age group. Such changes are on average 13-20% of the total number of children of a given age. For them, they are characterized by high height, great muscle strength, and high functional capabilities of the respiratory system. In addition, they reach puberty early, and their height growth ends at the age of 15-17.

Studying the development of retardation in children and adolescents plays a major role in solving the problem of maturity at school age (Rikhsieva A.A., Nurmuhamedov K.A., Rikhsiev A.I., Nefedova N.V., etc.). Retardant children in age groups make up 14-18%, mainly this situation should be taken into account when children go to school. Successful results can be achieved only if children with physical disabilities who are admitted to primary education are admitted to special groups and educational activities are carried out with them in adapted conditions. In some cases, it is appropriate to temporarily delay school admission to prevent retardant changes in children's health.

The biological mechanism of retardation in children and adolescents is little studied. Endogenous and exogenous factors are of great importance in this. The first includes

hereditary, congenital and acquired organic defects in ontogenesis, and the second includes various social factors.

Questions about the acceleration of children and adolescents are currently of interest to biologists, medical workers, psychologists, pedagogues and sociologists all over the world. Unfortunately, signs of acceleration are not always useful for the functional capabilities of the child's body. There is evidence in the literature that accelerated growth and development of children's hearts and body length are delayed. As a result, the normal functioning of the heart is disturbed, the basis for the development of diseases of the cardiovascular system appears. (Kalyujnaya R. A. 1973).

The biological mechanisms of acceleration include the following factors:

1. Heterosis effect - the large migration of the current population and the increase of mixed marriages. In this, the physical development of the first generation temporarily prevails.
2. Urbanization of the population - the increase of the city's population, stimulating effect on the speed of physical development of urban living conditions.
3. Improvement of social and socio-hygienic living conditions of the population.

The improvement of the above-mentioned factors affects the acceleration of the level of physical development of children and adolescents. But these changes are not infinite and are limited by the genetic program of development.

Selection and selection for sports is carried out on the basis of the comprehensive application of pedagogical, psychological and medical-biological methods. Recommending the type of sports activity to each teenager is the task of selecting the most suitable teenagers based on the requirements of the sport - qualifying for the sport.

In conclusion, it can be said that the level of development of modern sports is so high that few athletes can show international level results in competitions. Some athletes achieve unprecedented results, so the concept of sports talent should be given great importance.

In modern sports, for several years, great importance has been attached to the selection and selection of talented children and students in the training of highly qualified athletes. It has been proven that sports training should start at 10-12 years old or 5-6 years old.

Sports are finally diverse. Choosing which of them for a child is a problem. It consists of athletics, swimming, skating, skiing, cycling, football, ball games, judo, gymnastics, rhythmic and hakoza.

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